



Crosswalk of Essential Standards and Current Standard Course of Study

3-5: Health

This document is designed to help North Carolina educators teach the Common Core and Essential Standards (Standard Course of Study). NCDPI staff are continually updating and improving these tools to better serve teachers.

Important Note: The current SCOS will continue to be operational in the 2010-11 and 2011-12 school years as resource materials are developed to support the new Essential Standards, professional development is conducted and assessments are designed to align to the new Essential Standards. We expect the new Essential Standards to be taught and assessed in schools for the first time in the 2012-13 school year. That said, we are providing Essential Standards resources now and over the next two-years so that schools and teachers can get a head start on internalizing and planning to teach the new standards.

Note on Numbering: **MEH**-Mental and Emotional Health, **PCH**-Personal and Consumer Health, **ICR**-Interpersonal Communications and Relationships, **NPA**-Nutrition and Physical Activity, **ATOD**-Alcohol, Tobacco, and Other Drugs

Grade 3

MENTAL AND EMOTIONAL HEALTH

	Essential Standard	Clarifying Objectives		Current NCSCOS	Comments
3.MEH.1	Understand positive stress management strategies.	3.MEH.1.1	Explain how self-control is a valuable tool in avoiding health risks	1.01 Identify healthy methods of self-control.	
		3.MEH.1.2	Classify stress as preventable or manageable.	1.02 Define stress and demonstrate positive stress management strategies.	

3.MEH.2	Understand the relationship between healthy expression of emotions, mental health, and healthy behavior.	3.MEH.2.1	Identify common sources for feelings of grief or loss.	1.03 Identify feelings and emotions associated with loss and grief and resources for help.	
		3.MEH.2.2	Summarize how to seek resources for assistance with feelings of grief or loss.	1.03 Identify feelings and emotions associated with loss and grief and resources for help.	

1.04 Not addressed.

PERSONAL AND CONSUMER HEALTH

	Essential Standard	Clarifying Objectives		Current NCSCOS	Comments
3.PCH.1	Understand wellness, disease prevention, and recognition of symptoms.	3.PCH.1.1	Classify behaviors in terms of whether they are related to physical, social, mental, and emotional health.	2.01 Analyze what it means to be healthy.	
		3.PCH.1.2	Classify behaviors in terms of whether they do or do not contribute to healthy living.	2.01 Analyze what it means to be healthy.	

3.PCH.2	Apply measures for cleanliness and disease prevention.	3.PCH.2.1	Recognize plaque and lack of dental hygiene as causes of gum disease and cavities.	2.02 Demonstrate proper dental flossing technique and describe the benefits of flossing.	
		3.PCH.2.2	Implement proper flossing to prevent tooth decay and gum disease.	2.02 Demonstrate proper dental flossing technique and describe the benefits of flossing.	
3.PCH.3	Understand necessary steps to prevent and respond to unintentional injury.	3.PCH.3.1	Use methods for prevention of common unintentional injuries.	2.04 Conclude that most injuries are preventable and identify methods for preventing common injuries.	
		3.PCH.3.2	Summarize methods that increase and reduce injuries in and around water.	2.05 Summarize methods for reducing injuries in and around water.	
		3.PCH.3.3	Summarize the dangers of weapons and how to seek help if a weapon or firearm is found.	2.07 Summarize the dangers of weapons and demonstrate how to seek help if a weapon or firearm is found.	
		3.PCH.3.4	Implement a plan to escape fire at home while avoiding smoke inhalation.	2.08 Create a plan to escape fire at home while avoiding smoke inhalation.	

INTERPERSONAL COMMUNICATION AND RELATIONSHIPS

	Essential Standard	Clarifying Objectives		Current NCSCOS	Comments
3.ICR.1	Understand healthy and effective interpersonal communication and relationships.	3.ICR.1.1	Summarize qualities and benefits of a healthy relationship.	3.01 Identify qualities and benefits of a healthy relationship.	
		3.ICR.1.2	Plan how to show compassion for all living things and respect for other people's property.	3.04 Demonstrate compassion for all living things and respect for other people's property.	
		3.ICR.1.3	Illustrate how to seek help from an adult if a weapon is found or a threat is communicated.	Grade 4 3.04 Demonstrate the ability to seek help or assistance for bullying.	
		3.ICR.1.4	Illustrate how to effectively and respectfully express opinions that differ.	3.03 Demonstrate how to effectively and respectfully express opinions that differ from others.	
		3.ICR.1.5	Analyze situations in terms of the strategies used by people in those situations that help or hinder healthy relationships.	3.02 Compare and contrast behaviors that promote and hinder friendships.	Also addressed at grade 2

3.05 Not addressed

NUTRITION AND PHYSICAL ACTIVITY

	Essential Standard	Clarifying Objectives		Current NCSCOS	Comments
3.NPA.1	Apply tools (MyPlate, Food Facts Label) to plan healthy nutrition and fitness.	3.NPA.1.1	Use MyPlate to eat a nutritious breakfast each morning.	4.04 Demonstrate the ability to select a nutritious breakfast and describe the importance of eating breakfast daily.	
		3.NPA.1.2	Check the Food Facts Label to determine foods that are low in sugar and high in calcium.	4.03 Identify foods low in sugar and high in calcium and describe the health benefits of each.	
		3.NPA.1.3	Plan activities for fitness and recreation during out-of-school hours.	4.07 Create methods for increasing daily physical activity.	
3.NPA.2	Create strategies to consume a variety of nutrient-dense foods and beverages and to consume less nutrient-dense foods in moderation.	3.NPA.2.1	Identify the sources of a variety of foods.		New clarifying objective
		3.NPA.2.2	Categorize beverages that are more nutrient-dense.	4.01 Compare and contrast the health effects of nutritious and non-nutritious beverages.	
		3.NPA.2.3	Recognize appropriate portion sizes of foods for most Americans.	4.05 Differentiate between a portion and a serving and explain how to plan meals and snacks using appropriate portion sizes.	

ALCOHOL, TOBACCO AND OTHER DRUGS

	Essential Standard	Clarifying Objectives		Current NCSCOS	Comments
3.ATOD.1	Understand how to use household products and medicines safely.	3.ATOD.1.1	Identify examples of medications that help individuals with common health problems.	5.02 Predict the potential risks associated with over-the-counter medicines.	
		3.ATOD.1.2	Recall rules for taking medicine at school and at home.	5.01 Summarize why household products are harmful if ingested or inhaled.	
3.ATOD.2	Apply strategies involving risk-reduction behaviors to protect self and others from the negative effects of alcohol, tobacco, and other drugs.	3.ATOD.2.1	Use refusal skills when confronted or pressured to use alcohol, tobacco, or other drugs.	5.03 Predict and summarize the dangers of experimenting with tobacco.	
		3.ATOD.2.2	Identify ways of refusing to ride in vehicles driven by someone who has been using alcohol.		New clarifying objective

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MENTAL AND EMOTIONAL HEALTH

	Essential Standard	Clarifying Objectives		Current NCSCOS	Comments
4.MEH.1	Apply positive stress management strategies.	4.MEH.1.1	Summarize effective coping strategies to manage stress.	1.03 Compare and contrast positive and negative strategies for handling stress.	
		4.MEH.1.2	Implement healthy strategies for handling stress, including asking for assistance.	1.03 Compare and contrast positive and negative strategies for handling stress. 1.04 Identify family, school, and community resources as sources of social support to reduce or prevent stress.	
4.MEH.2	Understand the relationship between healthy expression of emotions, mental health, and healthy behavior.	4.MEH.2.1	Identify unique personal characteristics that contribute to positive mental health.	1.05 Conclude that people have different body shapes, sizes, and other personal characteristics that make them unique.	
		4.MEH.2.2	Explain how effective problem solving aids in making healthy choices.		New clarifying objective

1.01 and 1.02 Not addressed

PERSONAL AND CONSUMER HEALTH

	Essential Standard	Clarifying Objectives		Current NCSCOS	Comments
4.PCH.1	Understand wellness, disease prevention, and recognition of symptoms	4.PCH.1.1	Explain how to prevent or control common childhood illnesses and conditions such as asthma, allergies, diabetes, and epilepsy.	2.01 Identify problems associated with and measures to control common childhood diseases or conditions such as asthma, allergies, diabetes, and epilepsy.	
		4.PCH.1.2	Recognize methods that prevent the spread of germs that cause communicable diseases.	2.04 Summarize methods for preventing the spread of germs that cause communicable diseases.	
4.PCH.2	Understand body systems and organs, functions, and their care.	4.PCH.2.1	Identify the basic components and functions of the respiratory system.	2.02 Identify the basic components and functions of the respiratory system.	
		4.PCH.2.2	Summarize habits to care for the skin.	2.09 Critique and dispel myths about Sun Protective Factor (SPF) and sunscreen (e.g. Low SPF allows for a “safe” tan; waterproof sunscreen does not have to be reapplied; only individuals with fair complexions need to apply sunscreen, sunscreen is only	

				needed at the beach, you only need a high SPF on an Ozone Alert -code orange day).	
4.PCH.3	Analyze health information and products.	4.PCH.3.1	Outline the functions of various health products.		New clarifying objective
		4.PCH.3.2	Analyze advertisements of health products and services in terms of claims made and the validity of those claims.	2.10 Analyze techniques used in advertising health related products and services.	
4.PCH.4	Understand necessary steps to prevent and respond to unintentional injury.	4.PCH.4.1	Explain why it is safe to be a friend of someone who has a disease or health condition (cancer, HIV, asthma, or epilepsy).	2.06 Advocate that it is safe to be a friend of someone who has a disease or health condition (e.g. HIV positive, asthma, or epilepsy).	
		4.PCH.4.2	Identify personal protection equipment needed for sports or recreational activities.	2.07 Identify personal protection equipment needed for sports and recreational activities.	
		4.PCH.4.3	Illustrate skills for providing first aid for choking victims (including the Heimlich maneuver).	2.08 Acquire skills for providing first aid for choking victims, including demonstrating the Heimlich maneuver.	

2.03 Not addressed

2.05 addressed in Interpersonal Communication and Relationships (grade 4)

2.09 Not addressed

INTERPERSONAL COMMUNICATION AND RELATIONSHIPS

	Essential Standard	Clarifying Objectives		Current NCSCOS	Comments
4.ICR.1	Understand healthy and effective interpersonal communication and relationships.	4.ICR.1.1	Explain the importance of showing respect for self and respect and empathy for others.		New clarifying objective
		4.ICR.1.2	Exemplify empathy toward those affected by disease and disability.	3.02 Demonstrate empathy for individuals affected by disease or disability.	
		4.ICR.1.3	Interpret facial expressions and posture to emotions and empathy	3.01 Infer the effects of facial expressions and body language when communicating with others.	
		4.ICR.1.4	Recognize situations that might lead to violence.	3.03 Predict situations that might lead to violence.	
		4.ICR.1.5	Exemplify how to seek assistance for bullying.	3.04 Demonstrate the ability to seek help or assistance for bullying.	
		4.ICR.1.6	Contrast healthy and unhealthy relationships.		New clarifying objective
4.ICR.2	Understand the changes that occur during puberty and adolescence.	4.ICR.2.1	Summarize physical and emotional changes during puberty.	2.05 Summarize patterns of normal physical and emotional development during puberty.	
		4.ICR.2.2	Recognize that individuals	2.05 Summarize patterns of	

			experience puberty at different rates (early, average, late).	normal physical and emotional development during puberty.	
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NUTRITION AND PHYSICAL ACITIVITY

	Essential Standard	Clarifying Objectives		Current NCSCOS	Comments
4.NPA.1	Apply tools (MyPlate, Food Facts Label) to plan healthy nutrition and fitness.	4.NPA.1.1	Plan meals using My Plate.	4.04 Demonstrate the ability to plan healthy meals and snacks that emphasize the principles of My Pyramid.	
		4.NPA.1.2	Carry out measures to prevent food borne illness, including hand washing and appropriate food storage and preparation.	4.02 Analyze how microorganisms can cause food borne illnesses and demonstrate safe food preparation, handling, cooking, and storing that promote cleanliness and avoid cross contamination.	
		4.NPA.1.3	Use the Food Facts Label to plan meals and avoid food allergies.	4.03 Utilize the basic information on food labels to make decisions about the nutritional value of various foods.	

4.NPA.2	Create strategies to consume a variety of nutrient-dense foods and beverages and to consume less nutrient-dense foods in moderation.	4.NPA.2.1	Compare unhealthy and healthy eating patterns, including eating in moderation.	4.05 Summarize the concept and benefits of eating in moderation. 4.06 Distinguish between healthy and unhealthy eating patterns.	
		4.NPA.2.2	Explain the effects of eating healthy and unhealthy breakfasts and lunches.		New clarifying objective
4.NPA.3	Understand the benefits of nutrition and fitness to disease prevention.	4.NPA.3.1	Explain how nutrition and fitness affect cardiovascular health.	4.10 Analyze the relationship between physical activity and nutrition and the cardiovascular system.	
		4.NPA.3.2	Summarize the association between caloric intake and expenditure to prevent obesity.	4.05 Summarize the concept and the benefits of eating in moderation.	

4.01 Moved to Grade 5

4.07 Not addressed

4.08 Not addressed

4.09 Moved to Grade 5

ALCOHOL, TOBACCO AND OTHER DRUGS

	Essential Standard	Clarifying Objectives		Current NCSCOS	Comments
4.ATOD.1	Understand health risks associated	4.ATOD.1.1	Summarize short-term and long-term effects of	5.01 Predict short and long-term physical effects of using tobacco.	

	with the use of tobacco products.		cigarettes and smokeless tobacco products.		
		4.ATOD.1.2	Explain why tobacco is an addictive product.	5.02 Summarize dependence and addiction to a drug or substance and identify resources for help.	
4.ATOD.2	Understand why people use tobacco products.	4.ATOD.2.1	Identify possible internal and external influences on tobacco use.	5.03 Summarize motivations for drug use and create healthy alternatives.	
		4.ATOD.2.2	Explain why people are influenced by various marketing strategies employed by tobacco companies.	5.03 Summarize motivations for drug use and create healthy alternatives.	
4.ATOD.3	Apply risk reduction behaviors to protect self and others from alcohol, tobacco, and other drug use.	4.ATOD.3.1	Use refusal skills to resist the pressure to experiment with tobacco.	5.04 Create rational counter-arguments for pressure to use drugs, alcohol, or tobacco products.	
		4.ATOD.3.2	Select strategies to use in avoiding situations in which tobacco is being used to minimize exposure to second-hand smoke.		New clarifying objective

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MENTAL AND EMOTIONAL HEALTH

	Essential Standard	Clarifying Objectives		Current NCSCOS	Comments
5.MEH.1	Apply positive stress management strategies	5.MEH.1.1	Implement positive stress management strategies	1.01 Differentiate between positive and negative stress and demonstrate effective ways to cope with each.	
		5.MEH.1.2	Evaluate the effectiveness of stress management strategies.	1.01 Differentiate between positive and negative stress and demonstrate effective ways to cope with each.	
5.MEH.2	Understand help-seeking strategies for depression and mental disorders.	5.MEH.2.1	Interpret feelings of depression and sadness as normal responses to loss.	1.02 Identify feelings of depression and sadness for which someone should seek help.	
		5.MEH.2.2	Summarize how to seek assistance from reliable resources for depression and sadness.	1.03 Demonstrate the ability to access appropriate resources for individuals experiencing feelings of depression and sadness.	

PERSONAL AND CONSUMER HEALTH

	Essential Standard	Clarifying Objectives		Current NCSCOS	Comments
5.PCH.1	Understand wellness, disease prevention, and recognition of symptoms.	5.PCH.1.1	Explain the influence of personal values on health behaviors.	2.01 Define personal values and predict how values can affect health behavior.	
		5.PCH.1.2	Design a personal action plan for sufficient rest and sleep.	2.02 Evaluate the importance of sleep and rest in relationship to proper growth and development.	
5.PCH.2	Analyze health products and sources of health information.	5.PCH.2.1	Recognize dependable resources for health information.	2.06 Evaluate the reliability of health information sources.	
		5.PCH.2.2	Differentiate between safe and unsafe products.		New clarifying objective
5.PCH.3	Apply measures for cleanliness and disease prevention.	5.PCH.3.1	Implement a personal dental health plan to include brushing, flossing, nutrition, and injury prevention.	2.08 Create a personal management plan for preventing tooth decay and periodontal disease.	
		5.PCH.3.2	Carry out activities that avoid harmful effects of the sun.	2.05 Evaluate environments (time of day, level of shade/cover, geographic location) and/or activities that	

				might expose someone to harmful rays of the sun and create actions that can be taken or policies that can be written to avoid sun damage.	
5.PCH.4	Understand body systems and organs, functions, and their care.	5.PCH.4.1	Summarize the functions of the organs which make up the digestive system.	Grade 4 4.01 Identify the major components of the digestive system and summarize the digestion process.	Moved from Grade 4
		5.PCH.4.2	Interpret the relationship between and among the vessels and organs of the circulatory system.	Grade 4 4.09 Summarize the major components and functions of the cardiovascular system.	Moved from Grade 4

2.03 Moved to ICR Strand
2.04 Not addressed or moved
2.07 Not addressed or moved

INTERPERSONAL COMMUNICATION AND RELATIONSHIPS

	Essential Standard	Clarifying Objectives		Current NCSCOS	Comments
5.ICR.1	Understand healthy and effective interpersonal communication and relationships.	5.ICR.1.1	Illustrate the dangers of communicating with unknown individuals.	3.03 Predict the dangers of communicating with individuals you do not know and demonstrate methods for seeking assistance if contacted by a	

				stranger (via internet, telephone, or face to face).	
		5.ICR.1.2	Summarize things you can do to seek assistance when encountering a stranger.	3.03 Predict the dangers of communicating with individuals you do not know and demonstrate methods for seeking assistance if contacted by a stranger (via internet, telephone, or face to face).	
		5.ICR.1.3	Explain the impact of stereotyping and discrimination on other people's self-respect and feelings.	3.01 Interpret stereotyping and discrimination as limiting and hurtful behaviors and demonstrate how to address these behaviors in a positive manner.	
		5.ICR.1.4	Summarize how to solve problems and resolve conflict without avoidance or violence.	3.02 Create and demonstrate methods for resolving conflict without violence or avoidance.	
5.ICR.2	Analyze the changes and influences that occur during puberty and adolescence.	5.ICR.2.1	Recall that <u>puberty</u> is characterized by the development of secondary sex characteristics and onset of reproductive capacity.		Grouping of clarifying objectives related to puberty, reproductive health and societal influences.
		5.ICR.2.2	Differentiate between accurate and inaccurate sources of information about puberty and development.		
		5.ICR.2.3	Summarize the functions of the male and female reproductive systems.	2.03 Summarize the functions of the male and female reproductive systems.	

		5.ICR.2.4	Illustrate how societal influences can impact behavioral choices and feelings regarding one's reproductive health.		
		5.ICR.2.5	Deconstruct media messages as they relate to their influence on perceptions of desirable body sizes and shapes.	2.04 Analyze how media images can influence perception of a desirable body size and shape.	

NUTRITION AND PHYSICAL ACTIVITY

	Essential Standard	Clarifying Objectives		Current NCSCOS	Comments
5.NPA.1	Apply tools (MyPlate) to plan healthy nutrition and fitness.	5.NPA.1.1	Use My Plate to make healthy choices of foods and beverages.	4.01 Demonstrate the ability to select healthful food and beverage choices from the food groups of My Pyramid.	
		5.NPA.1.2	Use recommendations in MyPlate to increase physical activity.		New clarifying objective
5.NPA.2	Create strategies to consume a variety of nutrient-dense foods	5.NPA.2.1	Summarize the influences of family, culture, and the media on food choices.	4.03 Recognize the social significance of food in families and cultures.	

	and beverages and to consume less nutrient-dense foods in moderation.	5.NPA.2.2	Infer the benefits of limiting the consumption of foods and beverages high in fat and added sugar.	4.02 Evaluate the benefits of limiting the consumption of foods and beverages high in fat and added sugar.	
5.NPA.3	Understand the benefits of nutrition and fitness to disease prevention.	5.NPA.3.1	Contrast dieting and healthy weight management, including limiting high-fat and high-sugar foods	4.06 Compare and contrast the dangers of dieting with healthy weight management.	
		5.NPA.3.2	Explain the benefits of regular physical activity on physical, mental, emotional, and social health.	4.07 Predict the short term and long-term benefits of physical activity.	
		5.NPA.3.3	Summarize normal weight gain and body changes during puberty.	4.05 Summarize normal weight gain and body changes during puberty.	

4.04 Not addressed

ALCOHOL, TOBACCO AND OTHER DRUGS

	Essential Standard	Clarifying Objectives		Current NCSCOS	Comments
5.ATOD.1	Understand how to use household products and	5.ATOD.1.1	Explain the short-term and long-term effects of alcohol abuse.	5.01 Identify short and long-term effects of alcohol use.	

	medicines safely.	5.ATOD.1.2	Explain the effects of alcohol abuse on others.		New clarifying objective
5.ATOD.2	Understand why people use alcohol.	5.ATOD.2.1	Explain possible internal and external influences to use alcohol.	5.02 Explain reasons why individuals choose not to use alcohol.	
		5.ATOD.2.2	Evaluate the effect of advertising strategies of alcohol companies on people's use of alcohol.		New clarifying objective
5.ATOD.3	Apply risk reduction behaviors to protect self and others from alcohol use.	5.ATOD.3.1	Use refusal skills to resist the pressure to experiment with alcohol and other drug use.	5.05 Demonstrate effective use of assertive refusal skills when declining alcohol, tobacco, and other drugs.	
		5.ATOD.3.2	Design strategies for maintaining an alcohol-free lifestyle that include barriers and ways of overcoming these barriers.		New clarifying objective

5.03 Not addressed

5.04 Not addressed